



# Existential Approach

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## What is Existential Therapy?

Existential therapy is a way of thinking and not a practicing theory group. Corey states that "Existential therapy is grounded on the assumption that we are free and therefore responsible for our choices and actions." (Corey, 2012, p.222). This being said, existential therapists work with patients to examine how their choices have brought them to the state they are in. The therapist continues to work with the patient to revise their thinking to the life they want to have. Existential therapy does not believe in psychological or physical issues because people make their own choices on how they will handle the situations they are in.



## What techniques are used?

"Unlike many other group approaches, the existential model puts more emphasis on experiencing and understanding the group member in the present moment than on using a particular set of techniques" (Corey, 2012, p.239).

### Interventions Used:



- Silence - Listen and breathe within the conversation to allow for the client to make the next move in the conversation.
- Questions - Should be asked based on statements made by client. This is not an investigation.
- Interpretations - Taking small pieces of information shared by the client and piecing them together to enhance the meaning.

Corey, G. (2012). *Theory and Practice of Group Counseling* (8<sup>th</sup> ed.). Cengage (ISBN: 9780840033888).

## Additional Resources

- <http://www.psychologycampus.com/psychology-counseling/existential-therapy.html>
- [http://www.goodtherapy.org/Existential Psychotherapy.html](http://www.goodtherapy.org/Existential_Psychotherapy.html)
- <http://www.existential-therapy.com/>
- <http://www.allpsychologycareers.com/topics/existential-therapy.html>
- Videos can be found on youtube.com by putting searching existential

